

## ABSTRACT OF THE DISCLOSURE

A system and method for low impact backup. In one embodiment, a method may comprise monitoring utilization of a system resource and a data management process  
5 selectively performing I/O operations dependent upon the monitored utilization of the system resource. The data management process may include functionality to backup desired data from a storage medium to a backup medium. In one particular implementation, the I/O operations may be allowed to be performed in response to the utilization of the system resource falling below a predetermined threshold. In another  
10 embodiment a method may comprise performing a plurality of I/O operations to complete a data management process executed by an application. The application separates said plurality of I/O operations with intermittent delays to achieve time-slicing of the data management process with respect to one or more other applications.

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